

2. Circle Challenge Drill

Purpose:

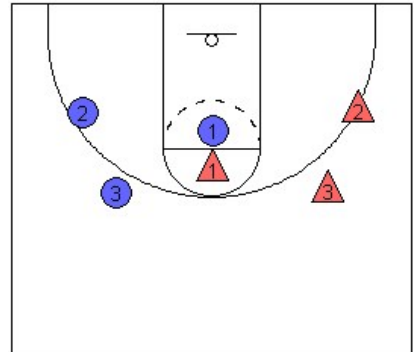
This is a fun drill that provides practice in establishing and maintaining a strong box-out and post-up stance. This drill also promotes the aggressiveness needed for effective boxing out and posting up and can be used to add some motivation to practice routines.

Setup:

Position two size-matched players back-to-back in the circle.

Execution:

- * On the coach's signal, the back-to-back players try to push each other out of the circle, using their box-out and post-up stances.
- * The player who manages to push the other out of the circle is the winner.
- * Rotate pairs of players until the entire team gets 2-3 turns.



Coaching Tips:

- * Encourage players to stay low with knees bent.
- * Players must maintain back to back contact.

